



NEW Personal Training & Wellness Coaching

Kailee McGuire, Certified Exercise Physiologist-ACSM, Certified Health and Wellness Coach-Wellcoaches, and Certified Health Education Specialist-NCHEC

Contact# 614.496.9635 kailee.mcguire2@gmail.com

Expedite your health and wellness goals through this combo package of one on one health coaching sessions and personal training. The wellness coaching sessions will provide the opportunity to discover your ideal self in all areas of health and wellness including exercise, nutrition, weight management, energy, sleep, and life satisfaction. With the personal training and health coaching option, you will meet weekly to receive guidance and motivation in the area of exercise and activity.

(All programs include wellness vision planning meeting, Wellcoaches wellbeing assessment, and unlimited text and email support)

Registration must be completed in-person at the DCRC prior to first appointment

12 Week Personal Training & Coaching Combo

12 (30 minute) Personal Training Sessions

6 (30 minute) Health Coaching Sessions (In Person or by Phone)	\$572
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6 Week Personal Training & Coaching Combo

6 (30 minute) Personal Training Sessions

6 (30 minute) Health Coaching Sessions (In Person or by phone)	\$435
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3-Month Wellness Coaching Program

(Personal Training not included)

Work with Kailee McGuire, Certified Wellcoach to help get you get “unstuck” and make true progress towards better health and wellness. Working with a coach offers you a non-judgmental approach that provides a profound level of support guidance, and focus to achieve your goals for long-lasting lifestyle change. Whether your goal is to lose weight, find balance, or get more out of life, wellness coaching is one of the most effective approaches to help people make and sustain improvements in their lives.

(All programs include wellness vision planning meeting, Wellcoaches wellbeing assessment, and unlimited text and email support)

Registration must be completed in-person at the DCRC prior to first appointment

10 (30 minute) Sessions (In Person or by phone)	\$360
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5 (30 minute) Wellness Coaching Program (In Person or by phone)	\$210
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Additional 30 Minute Health Coaching Sessions (In Person or by Phone)	\$33
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